

Crunchy Cheesy Shrimp

Preheat: oven, 400 degrees Fahrenheit

Pans: Baking dish

Cooking Utensils: blender, measuring cups/spoons, 1 small and 1 medium bowl

Prep Time: 10 minutes

Cook Time: 6-8 minutes

Number of Servings: 4-6, depending on ages

1 bag frozen shrimp, peeled, cleaned, thawed
Pat dry. Set on the side.

2 cups Cheese Puffs, *Barbara's Bakery*
Turn to crumbs in blender. Place in medium bowl.

1 TBsp. basil flakes

2 tsp. paprika

Stir into bowl with cheese puff crumbs.

1 large egg, cage-free

1 TBsp. water

Swiftly mix together. Dip shrimp into it, then into the cheese puff mixture until coated. Place in non-stick baking dish. When all the shrimps are coated, place in oven and bake until shrimp is pink on the inside and crispy on the outside. (about 6 minutes) Serve!

5 God-made Food Colors: pink, yellow, green, red, white

6 Food Groups: seafood, dairy, grains, herbs/spices, eggs, water

PERFORMANCE RATING: 5/6

Mmmm, Mmmm Good! The cheese puff basil and paprika coating livens up the flavors and texture of shrimp. Use this coating for chicken, turkey, fish and even vegetables to bring variety to your table. Kids love cheese puffs so odds are they will love whatever you coat with them.

A 5/6 Performance Rating offers the mix of naturally sourced antioxidant filled colors and food group nutrients to assure your family is well feed. This recipe is easy to prepare for a time-stressed mom or dad. Try it!

***KKA** means awarded the Kid Critics Approved Seal